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Deterring bullying

Education minister's plan to curb bullying met with mixed reviews PAGE 3

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PAGE 21

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Thursday, February 28, 2013



No circling around this issue

Crossroads. Proposed roundabouts for busy Halifax intersections draw praise, concerns

A public meeting over the proposed construction of two new roundabouts near the Halifax Common resulted in plenty of support for the project.

But the plans weren't without detractors.

HRM city staffers urged more than 100 people in attendance at the public engagement session on Wednesday night to share their ideas and concerns about the proposed roundabouts to replace problem intersections on North Park Street.

"We have reached out through our Twitter feeds, our Facebook so we are not just getting the people who can make it here tonight, we're actually getting a huge, more diverse group of people responding to this project," said Tanya Davis, HRM's traffic services supervisor.

HRM said the intersections at North Park/Cunard/Agriculture and North Park/Rainnie/Cogswell do not stand up to national transportation standards and need to be upgraded.

The proposed upgrade — roundabouts — promises lower vehicle speeds, fewer driving lanes, reduced collisions, in-

creased safety for pedestrians and drivers, and a shorter walking distance for street-crossing pedestrians. The project, if set in motion, would also make room for green space, possible bike lanes and an already mandated public-art budget.

Some voiced support for the roundabouts, arguing the change could create opportunity for all modes of transportation. "I am basically taking my life into my own hands when I go through these intersections," said Maya Williams, an avid cyclist, adding she'd be in support for added bike lanes.

Others offered criticisms, citing safety and a mistrust of drivers to follow roundabout rules. Also, residents on North Park Street said they would be concerned about accessibility to driveways and parking if the street underwent changes.

The projected cost of the project, over a 20-year life cycle, would amount to \$7,989,000, with an initial construction cost of \$3,700,000.

MARIKA MCKENZIE/FOR METRO

Early stages

If the project is passed by the Halifax regional council, design plans can be expected to reach completion in March 2014, with construction beginning in May of that year.



Cars head through a Cogswell Street intersection on Wednesday. JEFF HARPER/METRO



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Impressed. Students give plan thumbs up

Two Grade 12 students at Dartmouth High School say they're impressed by the government's comprehensive anti-bullying plan and its emphasis on making schools safe for students.

"(School) is where you grow and develop as a person. If you don't feel welcome there, how are you expected to excel?" said Laura Rigg, co-founder of the school's eco club and member of the human-rights club.

Rigg and Rosa Poirier-McKiggan said the plan's main selling point is the focus on helping more people recognize bullying and how to respond to stop it.

"I know the first step is not to be a bystander, and I think that's something that any student can do," said Rigg.

They praised Grade 10 student Courtney Downey, who sang about her experience as a bully victim, for helping her peers understand the impact of bullying, saying more victims should be encouraged to speak up.

"What we need is for presenters, people who have experienced bullying to come into classrooms, come into school groups and speak about experiences in a very personal way," said Poirier-McKiggan. "I think that really hits home for people."

RUTH DAVENPORT/METRO



Ramona Jennex METRO



Grade 10 student Courtney Downey performs an original song entitled It's A Long Journey at an anti-bullying press conference at Dartmouth High School on Wednesday. JEFF HARPER/METRO

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NEWS

Bullying plan not tough enough?

Mixed reception.

Minister launches wide-ranging plan designed to create 'community response' on bullying and cyber-bullying

RUTH DAVENPORT
ruth.davenport@metronews.ca

The provincial education minister has unveiled a 40-point plan to address and curb bullying in Nova Scotia schools through education and awareness — but critics say it doesn't send a clear message that bullying is wrong.

Ramona Jennex told staff and students at Dartmouth

High School Wednesday the plan is designed to launch a change in culture.

"We need to help our youth build respectful and responsible relationships," said Jennex. "We need to have education — not just for you the students, but for parents and for other adults, so they can recognize the signs of bullying and know how to respond."

The wide-ranging plan includes training for school staff to recognize and respond to mental-health issues, required annual reports on disruptive behaviour, and a revised school code of conduct.

It does not include a new law addressing bullying, or a ban on cellphones in schools, both included in 85 recommendations made by a provincial task force.

Quote



The objective is first to stop bullying and second to make sure that both the victim of bullying and the bully themselves get the help they need, either to recover or to reform.

Tory leader Jamie Baillie

said Jennex.

Tory leader Jamie Baillie said he's disappointed the plan doesn't contain more deterrents for would-be bullies.

"Real action includes making bullying an offence in law and spelling out the consequences," he said. "Real action includes taking away cellphones and laptops from people that use them as weapons against our children."

Liberal leader Stephen McNeil said in a statement the government has delayed "meaningful action" on bullying.

"We need programs in our schools that are available to our students on a daily basis so that there is a safe place for students to turn when they are being bullied," he said. "We also need to make sure that bullies face consequences for their actions."

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Members of the All Nations Drum Group perform prior to a press conference at the Mi'kmaq Native Friendship Centre on Wednesday. Justice Minister Ross Landry announced a new government corrections program focused on helping Mi'kmaq youth. JEFF HARPER/METRO

Mi'kmaq elders step up to help young offenders

Pilot program. Province announces funding to help aboriginal youth learn about traditional customs, ceremonies



RUTH DAVENPORT
ruth.davenport@metronews.ca

The province is launching a new program in partnership with Mi'kmaq leaders to reconnect aboriginal youth offenders with their culture and legacy.

Under the Bringing Culture Inside program, Mi'kmaq elders will work with aboriginal offenders at the youth facility in Waterville to teach them about their culture and traditions.

Paula Marshall, executive

Quoted

"What we're hoping to do is legitimize being able to practise their culture and being able to be proud of who they are, even within the mainstream Canadian society."

Paula Marshall, Mi'kmaq Legal Support Network

director of the Mi'kmaq Legal Support Network (MLSN) said young aborigines are over-represented in Waterville, and they're "struggling" with cultural identity.

"There has been a cultural loss of language and traditional teachings in our communities, and we are trying to revitalize that at a grassroots level," said Marshall. "This is just another opportunity to bring that culture and those teachings to kids who may not have had an opportunity."

Justice Minister Ross Landry announced the three-

year, \$300,000 pilot program Wednesday morning at the Mi'kmaq Native Friendship Centre, calling it "money well spent."

"We're going to invest and partner in the young people who have fallen through the cracks, that have taken a wrong turn," he said. "We want them back in the community, we want them contributing."

The All Nations Drum Group was on hand for the announcement, and members said taking part in traditions like a drum circle would help

a young aboriginal take the important first step towards a sense of belonging.

"It's the first step to recovery," said Drum Keeper Marlene Companion. "It's the first step to capturing his culture and his traditions. He has the opportunity to slide into his rightful place in society."

Drummer Joan Smith said the concept of "belonging" is one that young First Nations people are struggling with, thanks to residential schools that disrupted cultural teachings and traditions.

"You have to remember that this was illegal, up until very recently," she said. "For doing your ceremony ... up until maybe 25 years ago, we could have been arrested."

Follow Ruth Davenport on Twitter @ncnvenienttruth



Two men wanted in Halifax shooting

Police say the shooting of a man in Halifax on Monday is drug-related. At about 10:40 p.m., police received a call about someone being shot at a residence in the 6000 block of Chebucto Road.

The 25-year-old victim suffered a single gunshot wound and was taken to a Halifax hospital with a serious but non-life-threatening injury.

On Tuesday, police said they didn't believe the shooting was random. In another update

Tips

- Anyone with information is asked to contact police or Crime Stoppers.

Wednesday, police said a search of the residence where the victim was found resulted in marijuana, hash, cash and drug paraphernalia being seized.

Investigators are now look-

ing for two men believed to be involved in the shooting. One is described as white, stocky, five-foot-four, with medium-length hair, a large straight nose and small eyes. He was said to be wearing a black pea coat, grey hoodie, blue jeans and a purple T-shirt.

The other man is described as black, six-foot-two and slender, with a shaved or crewcut head. He was wearing dark clothing with a bandana over his face. METRO



The scene of Monday's shooting. JEFF HARPER/METRO

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Board votes to merge students

Bedford. Decision to move students to Charles P. Allen came after 4 hours of debate

Junior high students from two schools in Bedford will be brought together this fall following a tireless meeting Wednesday evening that split the community.

Halifax Regional School Board has voted to move Bedford Junior High School students as well as Grades 7 to 9 students at Bedford South School into Charles P. Allen High School once it's vacated in September.

More than 200 people packed a Dartmouth board room, with some having to stand at the back or sit on the floor as the meeting extended late into the evening.

After hearing nearly four hours worth of passionate pleas from parents and students, the board unanimously agreed to merge the students.

"I think it's in the best in-

terest of the entire community of Bedford," said board member Steve Warburton. "Whatever happens tonight, we're still neighbours tomorrow."

Many board members noted Bedford South — currently a primary to Grade 9 facility — is overcrowded.

"This situation needs fixing now," said board member Cindy Littlefair.

A report says 695 students are enrolled at Bedford South, while capacity is at 688.

A transition team — which will include students, school board staff, administration and staff from both schools — will be formed to facilitate the consolidation, a staff report said.

The team will also decide on a school identity — including sport uniforms, colours and a school mascot — and a consultation process will be held to decide the name of the school.

The board could have opted to only send Bedford Junior High students to the high school. **ALY THOMSON/METRO**

For and against

Parental concerns

The Bedford community was divided Wednesday as the board decided whether to merge junior-high students into one school.

Parents and students of Bedford Junior High and Bedford South School voiced their opinions, with more than 40 public presentations.

Many argued that Bedford South is overcrowded and sending students to Charles P. Allen would help.

"My daughter is in a portable with 30 children and it's not acceptable," said Alexis Pacey.

But several parents raised concerns about the social impacts of putting about 600 students together in a "super-sized" junior high school.



Alleged artifact thief gets bail-hearing date

John Mark Tillman, charged in January with the possession of hundreds of thousands of dollars worth of stolen artifacts, is walked out of Dartmouth provincial court by sheriffs on Wednesday. Tillman was in court on Wednesday to set a date for a bail hearing. It's been scheduled for March 8. **ANDREW VAUGHAN/THE CANADIAN PRESS**

Deputy sheriff gets over 4 years for drug offences

Supporters sobbed as a former Nova Scotia sheriff deputy was sentenced to close to five years in prison Wednesday for 10 drug-related offences.

Nearly 30 friends and family of Tyrone David were on hand as Justice Pat Duncan delivered a jail sentence of four years and nine months at Nova Scotia Supreme Court in Halifax on Wednesday afternoon.

After the verdict was read, the supporters sought comfort in the lobby, with many people wiping away tears with tissues being passed around.

David, 43, was sentenced on one count of breach of trust and nine counts of drug-related charges.

He was accused back in October 2009 of trying to smuggle drugs into the Central Nova Scotia Correctional



Tyrone David METRO FILE

sentence.

"Justice Duncan did take all of the evidence the Crown called into account and had a clear appreciation of the significance of this file," said Bour, adding that David "harmed the community" by his actions.

David also faces a weapons ban and is subject to a DNA sample.

He was arrested, according to the CBC, after an officer witnessed a woman pass an envelope to him in the parking lot of an Arby's. The restaurant was located near the Dartmouth provincial courthouse.

The CBC reports authorities say it was part of a plot to smuggle drugs into the Burnside jail to Halifax crime figure Jimmy Melvin Jr.

MARIKA MCKENZIE/FOR METRO

139 passengers

Delta flight makes emergency landing in Halifax

The passengers and crew of a Delta Airlines flight are OK after the plane made an emergency landing in Halifax on Wednesday night.

Ashley Gallant, a spokeswoman at Stanfield International Airport, says the plane carrying 139 passengers and crew landed without incident at about 10:15 p.m. Emergency crews were on the scene.

Gallant says flight 066 was en route from Atlanta to Zurich when it declared an emergency over an "oxygen maintenance issue." **THE CANADIAN PRESS**

Charges

John Phillip Longaphy is facing charges including possession of a weapon dangerous to the public peace, using an imitation of a firearm in the commission of an offence and uttering death threats.

When officers arrived at the apartment, a man was arrested and a replica handgun was seized. They say a van matching the description provided by the callers was parked behind the building. **METRO**

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Federal Liberal leadership race. McNeil backs Trudeau

Nova Scotia Liberal Leader Stephen McNeil is throwing his support behind Justin Trudeau as the MP seeks the leadership of the federal party.

In a statement, McNeil says Trudeau is a passionate and energetic leader who would unite Liberals as prime minister and move the party forward.

McNeil says Trudeau has what it takes to transform politics in Canada, grow the economy and engage younger generations.

Trudeau is widely considered the front-runner in the



Stephen McNeil METRO FILE

eight-person leadership race.

The fourth of five all-candidates' debates is scheduled to take place Sunday in Halifax.

THE CANADIAN PRESS

Falling asphalt prices

N.S. paving business still costlier than private sector

A senior Nova Scotia government official says the province can't pave roads as cheaply as the private sector does, two years after it got into the business.

Paul LaFleche, the deputy minister of the Transportation Department, says the government expects its road crew and asphalt plant to be cost-competitive with

private paving companies within three to five years.

But LaFleche told the legislature's public accounts committee today that the price of asphalt has dropped to \$45 per tonne from \$59 per tonne since the government's foray into the paving business in 2011.

LaFleche says increased market competition and the government's ability to boost the number of tenders issued ahead of the construction season have played a significant role in lowering prices.

THE CANADIAN PRESS

Budget officer slams Tories' handling of navy supply ships

Report to be released today. But senior Public Works officials insist program remains on track to deliver two ships by 2018-19

The Harper government moved to blunt looming criticism of the navy's long-delayed supply ship program and its marquee shipbuilding strategy by leap-frogging ahead of a critical report scheduled to be released Thursday by the parliamentary budget officer.

Senior officials at Public Works, who oversee the National Shipbuilding Strategy, held a technical briefing Wednesday ahead of the release of a report that will declare the program to replace the navy's 45-year-old supply ships as unaffordable given the inadequate \$2.6 billion set aside by government for the purchase of new fighter jets.

The shipbuilding bidding process was seen as a model for future procurements



Prime Minister Stephen Harper speaks to workers inside the Halifax Shipyard in this file photo. A report by the parliamentary budget officer to be released Thursday says Ottawa did not set aside enough money for the long-delayed navy supply ship program. METRO FILE

when it was unveiled last year. Problems with affordability of the ships could add to the political embarrassment the government suffered over the purchase of new fighter jets.

A report by Parliamentary Budget Officer Kevin Page will underscore the higher

cost associated with building ships in Canada, as the government acknowledged, but senior Public Works officials, who spoke on background, insisted the program remains on track to deliver two ships by 2018-19.

Those officials conceded in

the briefing that the vessels, which are still being designed, will be reviewed to see if they are affordable and raised the possibility that some capabilities could be scaled back.

It was Page's stinging criticism of the F-35 stealth fighter that ignited a political controversy that ultimately resulted in the Conservatives' re-examination of the multi-billion-dollar program. Page accused National Defence of low-balling the multi-purpose jet's purchase and maintenance costs — criticism that was backed up by the auditor general.

Background material released Wednesday as part of the briefing shows the government may have learned its accounting lesson. Estimates put the full cycle cost of the new supply ships at \$7.1 billion.

Liberal defence critic John McKay dismissed the briefing as recognition that the government's plans will not live up to the political hype.

"They're just trying to head off negative publicity," he said Wednesday.

THE CANADIAN PRESS

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Corruption case. Former spy-agency watchdog wanted in fraud probe

The man once entrusted to keep an eye on Canada's spy agency is now wanted by police and extradition procedures are underway in the hope of bringing him back to face criminal charges in this country.

An arrest warrant is out for Arthur Porter, the former head of the CSIS watchdog agency, for alleged fraud in one of the country's most expensive infrastructure projects.

Order of Canada

High honour taken from theatre mogul

Disgraced theatre impresario Garth Drabinsky has been stripped of his Order of Canada appointment and is going to court to fight the decision he says is unfair, considering his imprisonment.

Drabinsky was released to a Toronto halfway house earlier this month.

THE CANADIAN PRESS

He is among the five people named in arrest warrants issued Wednesday by Quebec's anti-corruption squad, in the case of the \$1.3-billion construction of a Montreal mega-hospital.

The others are: Former SNC Lavalin senior executives Pierre Duhaime and Riadh Ben Aissa, Yanai Elbaz, and Jeremy Morris, the administrator of a Bahamas-based investment company.

THE CANADIAN PRESS

Recruitment centre

Arrest made in connection to Quebec bombing

A man has been arrested in connection with the bombing of a Canadian Forces recruitment centre in Quebec in 2010, the RCMP said Wednesday. RCMP Cpl. Luc Thibault said four locations that were searched were linked to the Trois-Rivières bombing, which resulted in material damage but no injuries.

THE CANADIAN PRESS

Anti-gay activist gets hit with ruling by Canada's top court

Human rights. William Whatcott rapped for two of four pamphlets he distributed

A Saskatchewan anti-gay crusader violated human-rights rules when he distributed some pamphlets denouncing homosexuals, the Supreme Court of Canada has ruled.

In a unanimous 6-0 decision Wednesday, the court found that two of the four flyers distributed by William Whatcott violated Saskatchewan's Human Rights Code. Those flyers referred to gay men as sodomites and pedophiles.

But the court struck down some language in the provincial code, clearing Whatcott of any wrongdoing in connection with two other flyers.

THE CANADIAN PRESS



The Supreme Court decision means Saskatchewan anti-gay crusader William Whatcott will have to pay one complainant \$2,500 and another \$5,000.

MICHAEL REICHEL/THE ASSOCIATED PRESS

Sentenced. Fatal crash lands man three years

A man convicted after a crash that killed four high-school football players from northern Alberta has been sentenced to three years in prison.

Brenden Holubowich will also be forbidden to drive for three years once he is released. Holubowich, 23, pleaded guilty to dangerous driving causing death and dangerous driving causing bodily harm. Court of Queen's Bench Justice William Tilleman said determining a sentence for Holubowich might have been the most difficult thing he has ever done.

Tilleman's eyes filled with tears as he told court he sympathized with the dead teens' relatives, who had suggested that a three-year sentence would not be enough. He also said he felt for Holubowich's family. Tilleman said he struggled with his decision and at one point considered a longer period behind bars. But in the end, the judge said, the sentence jointly submitted by the Crown and defence was just and in keeping with similar cases.

THE CANADIAN PRESS

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Swiss to rethink gun laws after pistol rampage

U.S.-style shock.

Longtime employee dies after killing two with pistol at company in a small town

Fears about U.S.-style mass gun killings gripped Switzerland on Wednesday after a longtime employee opened fire at a wood-processing company.

The shooting left three people dead, including the assailant, in the country's second multiple-fatality shooting in two months.

And it happened as the Swiss parliament prepares to consider tightening some aspects of the country's famously lax gun legislation.

The country has a long-standing tradition for men to keep their military rifles after completing compulsory mil-



Face of despair: Mauro Capozzo, CEO of the company where the shooting took place, reacts at a news conference Wednesday.

THE ASSOCIATED PRESS

itary service.

This partly accounts for the high rate of gun ownership in the country, where some 2.3 million firearms are owned by a population of about eight million.

A referendum to tighten

the laws was defeated at the ballot box in 2011.

On Wednesday, the 42-year-old Swiss male arrived at the premises of the company Kronospan, in the small town of Menznau. He drew a pistol and started firing, police said.

Seven people were wounded, six of them seriously.

Officials didn't immediately have further details on the weapon or how the assailant acquired it. They also did not know how the assailant was killed.

"A lot of things are unclear at this stage," said Ida Glanzmann-Hunkeler, a Christian Democrat lawmaker.

Glanzmann-Hunkeler said a proposal will be put before parliament in the coming weeks that would require greater exchange of information between the gun registries kept by cantons.

THE ASSOCIATED PRESS

Horror on New Zealand beach. Police fire at giant shark, but swimmer dies

Police fired gunshots at a monster shark on Wednesday in a desperate attempt to save a swimmer.

The four-metre shark "rolled over and disappeared," said police inspector Shawn Rutene. But the victim, award-winning television and short-film director Adam Strange, 46, didn't survive.

Pio Mose, who was fishing at the popular Muriwai Beach near Auckland, New Zealand, said he saw the swimmer struggle against the huge shark.

He yelled at the man to swim to the rocks, but it was too late.

"All of a sudden there was blood everywhere," Mose said. "I was shaking, scared, panicked."

Rutene said police went out in inflatable lifesaving boats and shot at the shark.

Government shark expert Clinton Duffy said New Zealand is a hotspot for great white sharks.

But other potentially lethal species also inhabit the waters, he said.

THE ASSOCIATED PRESS



Amid a frenzy of spray, police in an inflatable life raft fire shots at a shark as it attacks a swimmer near Auckland, New Zealand. Police said the victim was found dead in the water. ROSS LAND/THE ASSOCIATED PRESS

Pistorius mystery

Was this Oscar's secret — a herbal remedy laced with pig parts?

The substance found in the Blade Runner's bedroom after the shooting death of his girlfriend has been named.

Oscar Pistorius' representatives say it was Testis compositum — a herbal remedy for "muscle recovery."

A product called Testis compositum is also marketed as a sexual enhancer, good for lack of stamina.

Some online retailers advertise oral and injectable forms as testosterone boosters and say it can aid sexual performance.

Tablets sold in the U.S. are said to contain 23 ingredients, including pig testicles, pig heart, pig embryo and pig adrenal gland, cortisone, ginseng and other botanicals.

Paralympic star Pistorius was charged with premeditated murder in the Feb. 14 shooting death of girlfriend Reeva Steenkamp. He says he shot her by accident.

THE ASSOCIATED PRESS



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NOVA SCOTIA



A manicure in progress at an Inglot shop in Warsaw, Poland. Since an Islamic scholar wrote that, in his view, Inglot's O2M nail polish complied with Muslim law, the product has become popular with Muslim women. THE ASSOCIATED PRESS

'Breathable' nail polish finds an unexpected niche

Surprise solution.

Product developed as healthier alternative to traditional enamel is a hit with Muslim women

For Zaida Saleh, like for many observant Muslim women, manicures have long posed a religious problem.

With prayers five times a day, and a pre-prayer ritual that requires washing the hands and arms, traditional finger-nail polish has been mostly off limits because it prevents water from making contact with the nails. A new "breathable" nail polish by a Polish company, Inglot, is changing that.

The company and some Muslims say the polish is the first of its kind because it lets air and moisture pass through to the nail.

A craze has built up around it with Muslim women in recent months after an Islamic scholar in the U.S. tested its permeability and published an article saying that, in his view,

it complies with Muslim law.

"It's huge," said Saleh, a 35-year-old who hadn't polished her nails in many years but immediately went out and bought the product in five colours, including a bright pink, a burgundy and a mauve. "I am excited. I feel more feminine — and I just love it."

The news of Inglot's breathable polish has spread quickly from woman to woman and over the Internet.

The nail polish now stands as one of the final life achievements of Wojciech Inglot, a Polish chemist and entrepreneur who developed it to create what he billed as a healthier alternative to traditional nail enamels, which block the passage of moisture and oxygen to the nail. He died suddenly on Saturday at the age of 57 after suffering internal hemorrhaging.

Though the Muslim holy book, the Qur'an, does not specifically address the issue of nail polish, some Islamic scholars have said that water must touch the surface of the nail for the washing ritual to be done correctly. THE ASSOCIATED PRESS

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NDP

Beer

Miller plans to end licensing deal with Molson in Canada

Miller Brewing Company says it's aiming to end its Canadian licensing agreement with Molson Coors Canada this summer.

The agreement covers such well-known brands as Millers Genuine Draft, Miller Lite and Miller High Life. Miller's managing director for Canada, Paul

Gurr, says there's an opportunity to grow its brands in Canada. "We see Canada as a country with a rich tradition of beer appreciation and believe we can better serve Canadians needs through this transition," Gurr said in a statement.

Molson Coors Canada has filed a suit in Ontario to prevent the move but Miller says it gave the required six-month notification in January and it expects the termination to take effect on July 22.

THE CANADIAN PRESS

Market Minute



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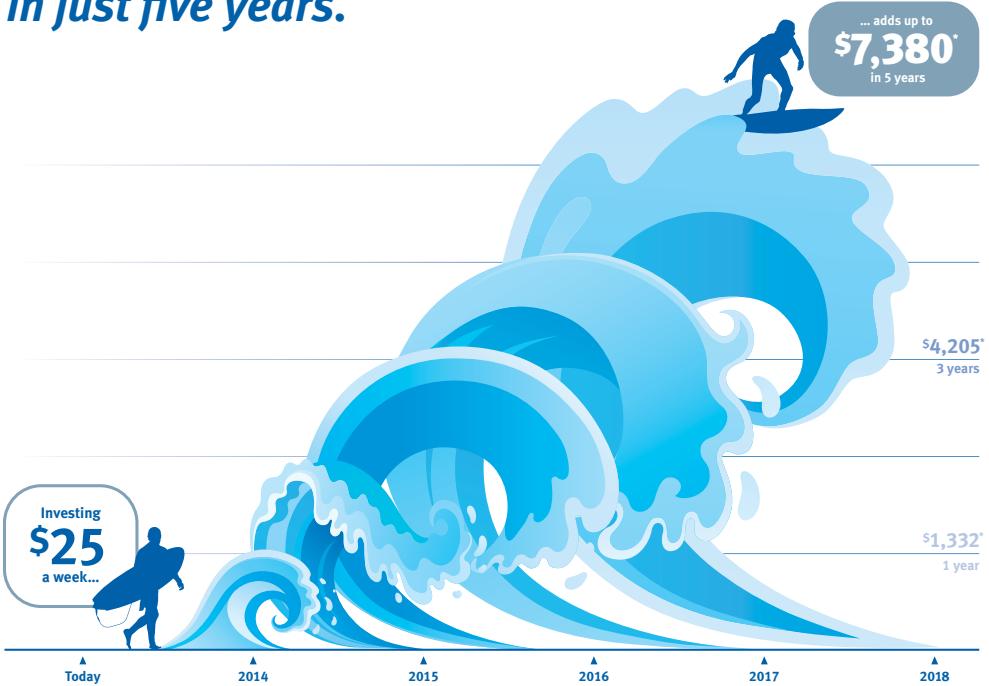
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A GATHERING OF EH?-LIST ACTORS



HE SAYS...
John Mazerolle
metronews.ca

This is the biggest week in the entertainment industry, what with the awards and the stars and the fashions and the national pride: Of course, I'm talking about the first-ever Canadian Screen Awards. What else could I mean?

Oh, right, that Oscars thing.

Hey, the Academy Awards are fine. It's one of the best opportunities to taunt people who are richer, handsomer and more talented than us, and then tsk-tsk their behaviour if they respond with anything but a sexy smile. Such fun.

But shouldn't we get behind Canada's own movies and TV shows just as much as we get behind Hollywood's? This year the Canadian Screen Awards bring the Geminis and Genies together, offering up the coveted Geminie.

I know, I know. You assume that because it's Canadian it must be staid and boring. But I've seen an advanced screening of the awards and I can assure you that, while distinctly Canadian, it also has many familiar echoes of this year's Oscars:

Red carpet. I don't want to give away too much about the glitz and glamour, but David Cronenberg had everybody talking with a sheer blue outfit that left NOTHING to the imagination.

Comedy. The show's host, Martin Short, followed the edgy comedy of recent controversial hosts like Ricky Gervais and Seth MacFarlane, getting in sharp jabs about how he "doesn't care" for the new \$20 bill — a sensitive topic (the bill has the Queen on it) that had the audience gasping. After several people called out "Too soon!" Short apologized but kept them smiling with a few digs at the Upper Canada rebellion of 1837, something everybody can appreciate.

Lifetime achievement. On the TV side of things, there was a long standing ovation for Zeddy the Zellers bear, recently retired after more than 25 years of television commercial performances that the Globe and Mail has called "stunning in their intertwined intimacy and ferocity."

Kudos, Zeddy.

Big winners. I'm sworn to secrecy, but these were the nominees for Canadian film of the year:

- **Argo.** The story of a Toronto football team that wins the Canadian Football League trophy entirely because of American bravery and ingenuity.
- **Beasts of the Northern Mild.** A young girl must use all her optimism and imagination when nature flies out of whack and hits Toronto with seven centimetres of snow. With the city in chaos and her dad wailing in annoyance, she heads out in search of her mother, who is at a mysterious and distant shopping mall.
- **Clark.** Daniel Day-Lewis stars as the 16th prime minister of Canada in a country torn asunder by both access-to-information legislation and a gas tax. Will it survive? Day-Lewis has earned plaudits for his ability to capture Joe Clark's complete lack of charisma.
- **L'eh Misérables.** In this much-loved musical set against the backdrop of the 1995 referendum, French students from Quebec sing about their doomed fight against the federal government in such well-known numbers as *On Our Own*, *One Vote More* and *Do You Hear the People Secede?* Just like secession talk, it's loud, repetitive and goes on far too long.
- **Zero Dark Thirty in Newfoundland.** The thrilling story of a Canadian secret-ops team that kills its targets a half-hour earlier than other countries.

If you want to know who wins, you'll have to watch this Sunday.

Anything can happen, eh?

Exclusively online

- Read more of John Mazerolle at metronews.ca/voices



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Will you be getting the flu shot next winter?



Twitter

@JordanHipson:

Certain business owners are nothing but negative in #Halifax. Stop ranting about how bad it is, and focus on solutions and your business!!

@A_Tron_:

There's an unusual amount of people wandering around lost this week in Halifax due to google maps transit not working @hfxtransit @google

@rayellswan:

planning my veggie garden for

the spring, any tips for a newbie? #gardening #vegetable #novascotia #halifax

@Jer_Godfrey:

It's a beautiful +1 degrees in #Halifax! Feels almost tropical.

@VictoriasBoots:

Did my first outdoor training run - 5k on my lunch break. Halifax has some beautiful scenery - helps make the time pass quick(er)!



RICCARDO TINELLI

Marine photography

Sea dancing with friendly whales

The thought of swimming next to a 35-tonne humpback whale and its calf in the open ocean would fill anyone with dread, but for French navigator Maud Fontenoy, her mind was at ease.

This amazing image shows the 35-year-old marine activist and mother of one snorkelling beside the whales just off the island of Moorea in French Polynesia. METRO

Q and A



MAUD FONTENOY
French sailor and ocean conservation activist

Humpbacks are harmless

Fontenoy — the first woman to have crossed, by rowing, the North Atlantic Ocean and Pacific Ocean, and now a marine conservation activist for UNESCO — spoke to Metro about her swim.

Amazing photo of you with the whales. Were you not frightened of them?

I was afraid at first, but at the same time I knew straight away that these whales mean no harm and that I was in no danger.

I had to abandon my diving equipment on account of the bubbles produced by the breathing device. The whales are noise-sensitive and the bubbles would have disturbed them. Instead, I used a snorkelling mask and flippers.

How did this aid your





SCENE 2

This is what success sounds like

The Tenors. Group strives to stand out from the classical-singing crowd



BACKSTAGE PASS

Jenna Conter

halifax@metronews.ca

Clifton Murray has always been surrounded by music. Now a classically trained vocalist who sings his way around the world with The Tenors, the British Columbia native's introduction to performance began humbly at his father's fishing resort.

A true family business, the Murray's looked to their children to fill the voids on staff.

To unwind after a hard day's work, Murray remembers his father breaking out

Makin' it

"The music has been most important to us and we've always been involved in the music making process — making the arrangements and choosing the repertoire — and that's unique for a group like this."

Fraser Walters

his guitar and entertaining the guests.

A 12-year-old Murray couldn't wait to get called up to join his dad on stage.

"It gave me a love for performing and entertaining and I knew I was destined to do that the rest of my life," said Murray.

From dinner theatre onto musical theatre, Murray attended a performing arts high school, fine-tuning his craft for his future in film school and a gospel choir.

Around the same time Murray was clearing dishes and entertaining tourists, on the same coast Fraser Walters was being dragged to his mother's musical theatre performances.

Sure, Walters refers to his first introduction into the arts as glorified babysitting, but with his first professional performing gig at age eight, something clearly clicked.

Murray and Walters will join their fellow Tenors next Tuesday at the Halifax Metro

Show details

The Tenors w/special guest
Jimmy Rankin

- When. Tuesday, March 5 @ 7:30 p.m.
- Where. Halifax Metro Centre
- Tickets. \$61.50 to \$114
- Visit. ticketatlantic.com

citing to see things come full circle."

When the industry came calling and pulled these four gentlemen together to form the previously labeled The Canadian Tenors, becoming just another tenor group was a concern. With groups like Il Divo coming of age in 2004, this round of talented blokes pushed to set themselves apart taking creativity into their own hands.

"We are up against a bit of a stigma in terms of this genre being a little less authentic but I think we are up for the challenge," said Murray.

"Having that creative control was a big part of the group coming together as well and since we consider ourselves as more of a band it's become a mandate for us to reinvent the concept of a tenor group."

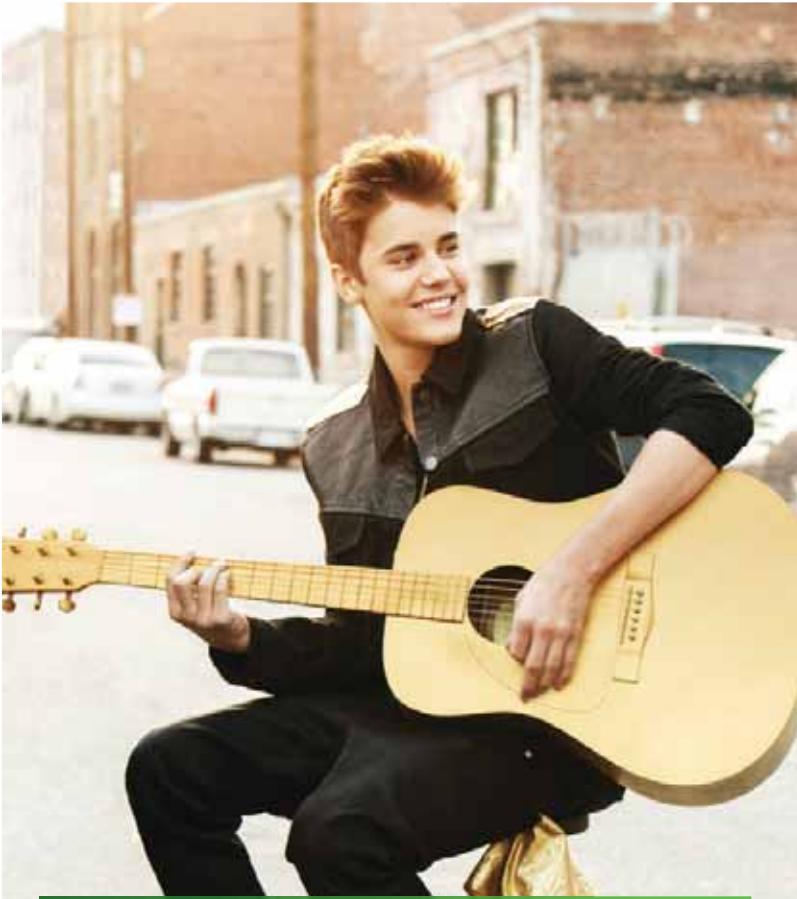
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1. Take a photo of yourself with the "I Believe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
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Typing on rabbits: the Not Tilda Swinton story

Twitter files. Eli Yudin publishes the tweets from an online parody that was created in the actress's name

NATALIE SHURE
Metro NYC

Launched to viral acclaim during last May's lunar eclipse, Twitter parody account @NotTildaSwinton has been reincarnated into a book. Self-published by comedian Eli Yudin and co-writer Carey O'Donnell, the complete collection of 187 bizarre imagined musings of actress and noted eccentric Tilda Swinton is available online. Some of the account's best Tweets? "A mission for you. Go outside, hold an animal to your breast. That is real warmth, not the glow of your screen. I typed this on a rabbit." Or: "Of course I have received splinters. I do not remove them. Small branches emerge from



Tilda Swinton's name was used for a parody Twitter account. Now it's a book. GETTY IMAGES

me and bear fruit in the shape of my face."

In an industry veering toward bite-sized content, Twitter's 140 character limit could be the logical endpoint of increasingly serialized work. So, after spending six hours laying out the book on InDesign, Yudin set up shop on Lulu Marketplace. At \$11.06, the book was priced to break even. "We didn't want to seem like we

were selling out," Yudin said. Not to mention the avoidance of potentially thorny issues with Swinton herself.

Not Tilda Swinton is one of thousands of self-published books for sale on Lulu Marketplace, which allows any author to sell their work online. Brian Matthews, an executive VP at Lulu's, argues that self-publishing has democratized publishing by removing barriers between readers and authors. "If an author wants to publish a book, we'll help them publish it as long as we don't have concerns related to the material," Matthews said. Readers can rely on Lulu Marketplace algorithms and reviews to help them pick their next read. Even so, it can be hard to determine quality. "The real issue is that in traditional publishing, you have an agent, editor and sales rep acting as a filter," said Cathy Langer, long-time buyer at Denver's independent bookstore, Tattered Cover. "Self-publishing eliminates these filters, and it can be hard to tell what's going to be good."

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Carrie Fisher lands in hospital after strange cruise ship mishap

Star Wars star Carrie Fisher was reportedly hospitalized following a bizarre surprise appearance on a cruise ship, according to TMZ. "There was a medical incident related to Carrie Fisher's bipolar disorder," her rep says. "She went to hospital briefly to adjust her medication and is feeling much better now." Attendees at the show report that Fisher was meandering about on stage, rambling incoherently and singing off-key while her dog relieved itself next to her.



Carrie Fisher



Michael Sheen and Rachel McAdams ALL PHOTOS GETTY IMAGES

Another one bites the dust

Rachel McAdams and Michael Sheen have reportedly called it quits after more than two years of dating, according to Us Weekly. McAdams and Sheen first met while filming Woody Allen's *Midnight in Paris* together, though they didn't begin dating until later. "Michael and I didn't get together while we were filming *Midnight in Paris*, which I

feel strongly about not doing when I'm working," McAdams told *Stella* magazine last year. "We became quite good friends, which I think is a great way to start." There was no word as to what led to their breakup. McAdams previously dated Ryan Gosling for two years after co-starring with him in *The Notebook*.

Are Hemsworth and Cyrus done? Is Jones to blame?



THE WORD
Dorothy Robinson
scene@metronews.ca

Attention Liam Hemsworth. If you're going to cheat on fiancée Miley Cyrus, don't do it at the Chateau Marmont. The Los Angeles hotel swarms daily with paparazzi and gossips; it's akin to taking out a billboard

on I-95. Here's the dirt: Hemsworth (a.k.a. Mr. Miley To-Be) was seen getting "hot and heavy" with January Jones at a pre-Oscar party over the weekend, per *Star* magazine. "It looked like they had some hot chemistry," an eyewitness told the rag. "They were all over each other—and they even kissed!" For her part, Cyrus showed up at the Elton John AIDS Foundation's viewing party sans date on Sunday and "was all over the place" (code for wasted). So what does this mean? I'm not sure. All I know is that Hemsworth is 23, while Cyrus is 20. Sounds like appropriate behaviour for people barely out of their teens.

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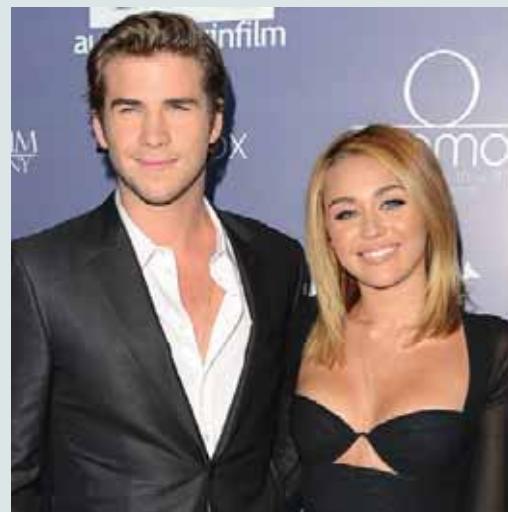


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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Twitter



@katyperry

If I were a cookie, I would be a thin mint girl scout cookie. FYI



@Liltunechi

Dam pit bull bro I thought u was kool.



@JohnCusack

Spell check hates me - always has



@RebelWilson

I got action onset with @channingtatum today. He is pure man steak luscious



Jennifer Lawrence

Is Jennifer Lawrence complaining?

There's no rest in sight for Oscar winner Jennifer Lawrence, who got right back in Hunger Games mode the day after nabbing a best actress statue. After filming the next film in the successful franchise,

I want to sit on my couch and drink and not change my pants for days," she tells E! News.

While the start of the new season is still several weeks away, there's no reason you can't leap ahead on the calendar — at least fashionably speaking — by adding a touch of spring style to your winter wear. LouLou style editor Claude Laframboise says spring pieces are great for layering during winter, like wearing sleeveless or short-sleeved tops under jackets or cardigans. Here are five ways to dial up the warmth in your cold-weather looks.

THE CANADIAN PRESS

Spring into winter

Pretty prints

It wouldn't be spring without a little flower power, and fashionable florals will once again be in full bloom — with a stylized update, of course. "What's newer is the bigger-scale floral print as opposed to the small dainty one," said Laframboise.

Many prints are also drawing inspiration from digital imagery, making them appear pixelated, reminiscent of an abstract print, he noted.

Torn between sporting stripes or polka dots? No need to choose when you can wear different patterns together.

Laframboise said the mixing of prints was an evolution of colour blocking, which involves teaming distinctive bright hues within one ensemble.

Individuals can get a jump start on spring now by trying their hand at combining seemingly contrasting prints — keeping in mind that complementary colours are key.

Bright and light

Vibrant hues that coloured last year's spring fashions continue to be a strong theme heading into the warmer months. But no need to feel stuck on selecting one "it" colour. There's a full spectrum of bold shades to choose from.

"Some colours stick out," said Laframboise. There's a lot of hot pink, hot orange, turquoise and electric blue. "But it's not one of those seasons where there's one colour you must get. It's all about colour as a whole."

An easy way to adopt the trend without sacrificing comfort is to consider opting for a brightly-coloured pair of jeans, said Laframboise.

Neon not your flavour? Laframboise said pastel hues — a tried and true springtime staple — are still in vogue, notably softer shades like pale blues and yellows.



Black and white

The classic colour pairing made a splash on the spring runways and may be among the easiest trends to work into your wardrobe.

"It's not about wearing a white shirt and black pants," said Laframboise. "It's really about wearing a striped top with solid pants, or a crisp white shirt, but with a patterned skirt that would be black and white."

Laframboise said the pairing also acts as a good base for bright hues, like teaming a black-and-white striped top with another on-trend item like electric blue or hot pink jeans.

Expect to see many of the season's key prints like stripes, polka dots and floral prints steeped in black and white, he said.

Laframboise suggested opting for a heavier-weight striped jersey dress now, or perhaps sporting a silky, polka-dotted top under a jacket and wear it standalone in spring.

Finishing touches

From a coral clutch to a checkered handbag, some of the hot colour and pattern trends in apparel are translating to accessories.

Mixed metal statement jewelry is emerging for spring, with everything from rhinestones to neon colours in the mix, said Laframboise.

Consider pairing your statement necklace with a T-shirt and jeans, or even overtop a collared shirt that has been fully buttoned up, he suggested.

"It's gone from being something dressy that you have at night to the other way around."

A model wears a bird print top (\$36), skinny leg denim (\$46), bracelets (\$10) and a wedge sandal (\$40) from Reitmans.

THE CANADIAN PRESS

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Flip your condo with style

Staging. Putting your home on the market? Get your condo ready for resale with some designer touches



DESIGN
CENTRE

Karl Lohnes
home@metronews.ca

We all know the rules when prepping your home for resale: de-clutter, remove personal items and clean. However there are more things you can do to make your home the talk of your building.

Now, you can always hire a home stager (usually recommended from the selling agent) to help, but as your trusted decorator expert, I'll share my own tricks of the trade to get your place appealing to a new buyer.

Buy accessories that compliment the space you are selling, and not what you think is

trendy at the moment.

Putting your decor trademark on a space is not going to make buyers see the potential of owning it themselves.

For instance, if you live in a modern condo with concrete ceilings and floor-to-ceiling windows, choose a few strong industrial accents to play up those features: tall clear glass vases, a factory cart coffee table and vintage metal cappuccino maker will help give off that urban vibe.

As harsh as this may be, paint away your personality with an updated neutral wall colour. Choose a colour that works with your floor and not necessarily your existing furniture in case you've already moved out and a potential buyer only has the walls and floors to see.

The right colour will ensure that without furnishings the space still looks co-ordinated and tied together. Trick: choose a paint colour that is two shades lighter than the colouring in the floors.

This will make the entire space visually flow, feel bigger and more tied together.

Always sway toward cooler tones over warmer ones. Cool tones reflect more light and are less claustrophobic.

In an empty, open-concept space, use area carpets to define living areas. This way potential buyers can imagine a living, dining and office working for them in such an open area.

Choose your view to help with the sell. Install woven scrim shades to hide a bad view yet let light into the room. If you have a great city view then keep the shades up to show it off. Any window in a bathroom or bedroom should offer a privacy shade.

Lower your artwork. Buyers want spaces with high ceilings so by lowering your artwork the ceilings look taller. Simply lower everything two inches — ideally, the middle of your artwork should be 66 inches off the floor.

This is a great trick in condos and lower-level spaces that might only have standard height ceilings.

A new sink, faucet and trend-setting laminate countertop can take 10 years

off the age of your kitchen. A chrome restaurant-inspired faucet and dark grey soapstone/concrete coloured counters are always good choices in urban spaces.

Don't invest in having a kitchen renovated for resale; offer the cost of a kitchen reno to reflect in the selling price and let the new homeowner customize the kitchen of their dreams.

Choose the largest closet and pimp it out. A front hall or main bedroom closet fitted with dark wood shelving inserts and fancy rods will always impress a potential buyer.

Install a battery-operated motion light inside the closet. Not only will your closet impress a potential buyer but it will make the closet feel organized and bright.

Don't leave a boot tray or a Remove Shoes sign at the front door. Once a potential buyer enters they should feel as if they already own it.

Placing personal messages and signs around make the buyer feel that you still have a presence in the space.



One trendy countertop appliance can set the tone for a fabulous lifestyle to potential buyers. **Nespresso's Maestria Creama C Five Hundred Crema, \$550, thebay.com.**



Brighten up a dark closet interior or kitchen counter with an LED stick-up motion light. **Sylvania Dot It Golden Dragon Motion Light, \$15, homedepot.ca.**



A modern faucet teamed with a trend-setting laminate counter top are inexpensive ways to update a kitchen. **Ikea's Budskar Kitchen Faucet, \$149, ikea.ca.**



Add simple, woven shades to offer privacy or help diffuse an undesirable view without sacrificing natural light. **Alustra Screen Shades, hunterdouglas.ca.**

Vinegar: the super substance is unstoppable



How can I clean every room

with vinegar?

Since there are 1,001 uses for vinegar, you might think there's nothing it can't do. Not true. Vinegar cannot solve world hunger. Nor can it phone your grandmother every Sunday. Short of that, this super substance is practically unstoppable. Especially when it comes to cleaning.

The high acidity level makes vinegar effective for killing mould, bacteria and germs. Regular distilled white vinegar

is more than sufficient for most jobs, but for really gross messes, get extra punch by increasing the acidity — pickling vinegar, for example, has seven per cent acidity instead of the average five per cent.

Vinegar in the kitchen

Freshen sponges and dishrags by soaking them overnight in a 1/4 cup of white distilled vinegar and just enough water to cover them. Throw them in the wash and they're as good as new. Remove soap buildup and

odours from the dishwasher by running an empty machine with one cup of white distilled vinegar. Similarly, loosen grime and tackle microwave odour by bringing a bowl of vinegar and water solution to a rolling boil in the microwave for three minutes.

Vinegar in the bathroom

Remove soap buildup with a non-toxic scouring solution. Mix one part salt to four parts white distilled vinegar and say goodbye to soap scum naturally.

Deodorize the toilet bowl and leave it sparkling by soaking the basin with three cups white distilled vinegar for half an hour before scrubbing and flushing. When the bathroom's clean, apply vinegar's magic to your head. Fight dandruff naturally by massaging vinegar into your scalp. Results beat the store-bought shampoos.

Vinegar in the living room

Enjoy crystal-clear windows with equal parts vinegar and water. The first time you try

this, chemical residue from your old cleaner might leave streaks. Cut through the grime by spraying with undiluted vinegar. Restore bright colours to your carpet by brushing on a vinegar solution. Mix one cup white distilled vinegar to every four litres of water. (Best to spot test in an out-of-sight corner.)

Vinegar in the kid's room

To clean and disinfect all of the kids' toys, add a good-sized splash of white distilled vinegar to soapy water.

Friday, March 1

Free Admission

Canadian Forces Day at The Real Home Show 2013

Free Admission to all Military Members

on Friday March 1

The Nova Scotia Home Builders' Association is pleased to once again recognize all members of the Canadian Forces and their spouses. On Friday, March 1st, all Canadian Forces members in uniform or with proper identification will be admitted to the show at no charge. This initiative carries over in its seventh year to honour all the men and women representing Canada at home and overseas. Thank you!

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Feeling frozen? A hot bowl is

This is a great soup for the family. It's a complete meal in a bowl. Try using ground chicken, turkey or pork instead of beef. Remember to add an extra tablespoon of bread crumbs if you're using chicken or turkey.

1. Meatballs: combine ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Lightly coat non-stick skillet with cooking spray and set over medium heat. Cook the meatballs for about 5 minutes, turning occasionally or until they are browned on all sides. Set aside.

2. To make the soup, lightly coat a large, nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green

pepper and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and browned meatballs. Bring to a boil, and then reduce the heat to low and simmer, covered, for 15 minutes.

Ingredients

Meatballs

- 6 oz lean ground beef
- 3 tbsp seasoned dry bread crumbs
- 2 tbsp barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsp Parmesan cheese

Soup

- 2 cups vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped

- garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped carrots
- 3 1/2 cups beef (or chicken) stock
- 2 cups tomato pasta sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 cup egg noodle pasta
- 1/4 cup grated Parmesan cheese

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NBL Canada

Ottawa team
nixes nickname

Ottawa's newest basketball team has dropped plans to nickname the club "Toma-Hawks" following outcry on social media about the move.

The owners of Ottawa's expansion team in the National Basketball League of Canada made the original announcement Tuesday, but backed off the next day because of the controversy surrounding the nickname.

At Tuesday's news conference, team co-owner Gus Takkale said he consulted with First Nations groups before deciding on the name. **TORSTAR NEWS SERVICE**

NHL

Habs exact
revenge vs. Leafs

Brendan Gallagher, Max Pacioretty and Brian Gionta scored third-period goals to earn the Montreal Canadiens an impressive 5-2 win over the Toronto Maple Leafs on Wednesday night.

The victory was sweet redemption for Montreal (13-4-3), which suffered an embarrassing 6-0 home loss to Toronto on Feb. 9.

Since then, the streaking Canadiens have gone 7-0-2 and dominated the Leafs, outshooting the hosts 40-23 before a season-high Air Canada Centre gathering of 19,625. **THE CANADIAN PRESS**

World Baseball Classic

Canada names its
starting pitchers

Canada has named its three starting pitchers for the first round of the World Baseball Classic.

Baseball Canada's Greg Hamilton says Chris Leroux, Shawn Hill and Scott Mathieson will take the mound next week against Italy, Mexico and the United States.

Canada, which opens the WBC against Italy on March 8 in Arizona, before facing Mexico on March 9 and the United States on March 10, has yet to decide which teams the starters will pitch against.

THE CANADIAN PRESS



Pittsburgh Pirates relief pitcher
Chris Leroux **THE CANADIAN PRESS**



Halifax Mooseheads forward Martin Frk scored the team's game-winner on Wednesday night. **JEFF HARPER/METRO**

4 SPORTS

Moose set another record in latest win

Hot hand. Drouin keeps point streak alive as Halifax keeps rolling along

Quoted

"These games happen. We didn't play our best hockey but we got the win."

Mooseheads head coach Dominique Ducharme

for us all-round," said Ducharme. "But it was just one of those games and we fought and we found a way to get the win; it's a win."

The 17th-place Cataractes were not prepared to go down easily, twice coming back from one-goal deficits. But Mooseheads forward Martin Frk provided the dagger with his 31st tally of the year, giving Halifax a 3-2 lead with just 27 seconds left in the second period.

From there Halifax was able to hold onto the victory and Jonathan Drouin scored an empty-netter with 44

seconds remaining in regulation to extend his QMJHL-leading point streak to 24 games. The goal also puts him one point ahead of Rimouski's Peter Trainor in the QMJHL scoring race with 94 points.

With the victory the Mooseheads (50-6-2-1) set a new franchise record for points in a season with 103. The previous record (101) was set in 2002-03.

Halifax has already clinched first overall in the QMJHL.

Stephen MacAulay and Dominic Beauchemin

rounded out the scoring for the Mooseheads, while J.C. Campagna tallied twice for Shawinigan.

Cataractes netminder Marvin Cuper was sharp, making 43 saves, while Chris Clarke, who got a rare start for the Mooseheads, stopped 22 of 24 shots.

Ducharme said he's confident his squad will have a bounce-back effort as the Mooseheads continue their Quebec road swing against Rouyn-Noranda on Friday, capped by Saturday's matchup against Val-d'Or.

"We can play better and we'll do the things we need to do to play better."

Sixteen-year-old forward Jonathan Lacroix-Courville made his debut for the Mooseheads as Brent Andrews was given the game off.

Moose back at top of CHL rankings

The Halifax Mooseheads are back on top of the Canadian Hockey League rankings after five straight weeks playing second fiddle to the Portland Winterhawks.

The CHL released its latest top-10 rankings on Wednesday afternoon with the Mooseheads topping the list and

the Western Hockey League's Winterhawks falling to No. 2.

The Mooseheads (49-6-2-1) went 3-0 last week, outscoring their opposition 25-7. That included two lopsided wins over the Saint John Sea Dogs, and an 11-3 home triumph against the Bathurst Titan.

The Winterhawks earned

four straight victories last week against the Spokane Chiefs, Kamloops Blazers and back-to-back wins over the Prince George Cougars.

The London Knights of the Ontario Hockey League jumped up a spot to hold down the No. 3 position.

METRO

Other ranked Q teams

The Rimouski Oceanic (sixth) and Baie-Comeau Drakkar (seventh) are the other ranked teams from the QMJHL.

Passion still burning inside seasoned skip

Curling. Four-time Brier champ Martin looks to win Canadian title in his hometown

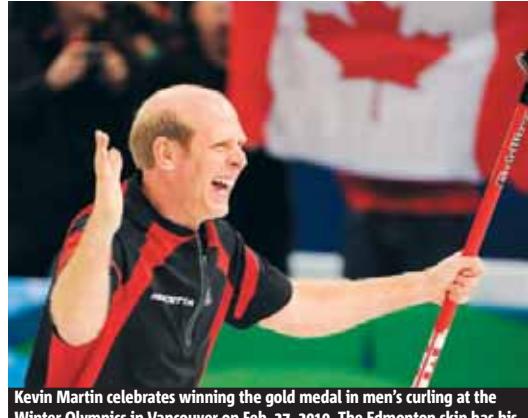
Kevin Martin has won everything there is to win in curling, several times over in some cases.

The skip from Edmonton has Olympic gold and silver medals, four Canadian championships and a world championship on his resumé, plus 17 Grand Slam victories on the World Curling Tour.

So what drives him in the sport now?

"I still really enjoy a good tough game, win or lose," said Martin, 46. "It's tough in games that don't mean a lot, but the big ones ... those are the games that are fun for me still."

"As long as I really enjoy it, deep down really can't wait to play, I'll play. Once you don't feel like that, your days are done. I haven't got that yet."



Kevin Martin celebrates winning the gold medal in men's curling at the Winter Olympics in Vancouver on Feb. 27, 2010. The Edmonton skip has his sights set on winning the Brier in his hometown. TORSTAR NEWS SERVICE FILE

The 2013 Tim Hortons Brier opens Saturday at Rexall Place. Martin's team out of Edmonton's Saville Centre represents the host province.

What's new for Martin is the chance to win a Canadian title in his hometown, having never before played a Brier in Edmonton.

He did win the Olympic trials at Rexall Place in 2009 for the right to represent Canada at the 2010 Olympic Winter Games in Vancouver and Whistler, B.C.

Martin, third John Morris, second Marc Kennedy and lead Ben Hebert won gold in Vancouver. They'll be the dar-

What's at stake?
The winner of the Brier final on March 10 will represent Canada at the Ford Men's World Championship in Victoria from March 30 to April 7.

lings of this Brier as both the host team and the reigning Olympic champions.

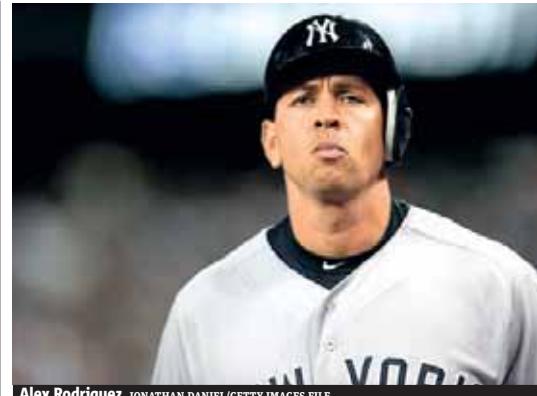
Martin can also become the first skip to win five Canadian titles, surpassing Saskatchewan's Ernie Richardson and fellow Albertan Randy Ferbey at four.

Two of Martin's four previous Brier titles were won in Alberta, but both in Calgary.

"It's Canada's biggest party if the Grey Cup's not," said Martin.

Alberta's Martin, defending champion Glenn Howard of Ontario and three-time winner Jeff Stoughton of Manitoba are the headliners of the 12-team field.

THE CANADIAN PRESS



Alex Rodriguez JONATHAN DANIEL/GETTY IMAGES FILE

MLB. A-Rod's charity donated 1% of gains: Report

New York Yankees superstar Alex Rodriguez gave away only one per cent of proceeds raised in the first year of his non-profit charity, the A-Rod Family Foundation, the Boston Globe reports.

According to the report, Rodriguez raised \$403,862 US in 2006, but donated only \$5,090 to charitable causes.

The published report says that the foundation operated by Rodriguez donated \$5,000 to Jay-Z's Shawn Carter Scholarship Fund and \$90 to a Little League baseball club in Miami.

A year later, in 2007, the Internal Revenue Service stripped

the A-Rod Family Foundation of its tax-exempt status after it failed to submit the proper paperwork, the report said.

Boston reporter Callum Borchers noted that non-profit experts recommend foundations devote 65 to 75 per cent of every dollar directly to the stated mission.

The Globe reviewed more than 150 IRS filings in the U.S. by 50 non-profits operated by professional athletes and found that many highly paid athletes fail to meet the threshold of donating up to 75 per cent of every dollar directly to their mission. TORSTAR NEWS SERVICE

NFL combine. League to probe if player was asked about sexual orientation

The NFL says it will look into whether questions asked of Colorado tight end Nick Kasa at the combine violated any laws or league policies banning employers from inquiring about a possible employee's sexual orientation.

Kasa told ESPN Radio in Denver that during interviews with team officials at the combine in Indianapolis: "(Teams) ask you, like, 'Do you have a girlfriend?' 'Are you married?' 'Do you like girls?'"

He did not identify who asked him such questions.

On Wednesday, Kasa said on the Dan Patrick Show he didn't think it "was really a serious question."

The NFL says it will look into Kasa's comments and that "any team or employee that inquires about impermissible subjects or makes an employment decision based on such factors is subject to league discipline."

DeMaurice Smith, the head of the NFL players association, said in a statement: "I know that the NFL agrees that these types of questions violate the law, our CBA and player rights. I hope that they will seek out information as to what teams have engaged in this type of discrimination and we should then discuss appropriate discipline."

THE ASSOCIATED PRESS

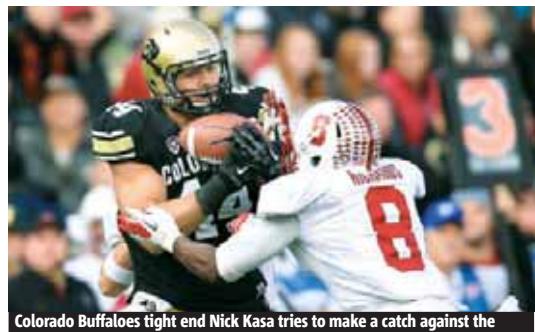
Raptors cough one up to hobbled Cavs

Dion Waiters scored 23 points, his last two coming on a crucial jumper with 1:43 left. Shaun Livingston added 15 and Cleveland overcame a horrendous start to win its second straight game without an injured Irving, 103-92 over the Toronto Raptors on Wednesday night.

The Cavs made only one of their first 15 shots, but recovered and finished February at 7-5, their first winning month since March 2010, when LeBron James was still around. Tristan Thompson scored 14 and Wayne Ellington added 13.

The Raptors lost for the first time in four road games since acquiring Rudy Gay in a trade from Memphis. It's been a difficult transition for the forward, leaving a contending team for one with slim chances to make the post-season. "Winning fixes everything," Gay said. "This is still new to me. That's why I get so frustrated when things happen out there. I'm still trying to figure things out. It's definitely not easy losing. I'm not here to lose. I don't think anybody else is here to lose."

THE ASSOCIATED PRESS



Colorado Buffaloes tight end Nick Kasa tries to make a catch against the Stanford Cardinal Nov. 3, 2012, in Boulder, Colo. DOUG PENSINGER/GETTY IMAGES FILE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	41	14	.745	—
Indiana	36	21	.632	6
New York	34	20	.630	6 1/2
Atlanta	33	23	.589	8 1/2
Brooklyn	34	24	.586	8 1/2
Chicago	32	25	.561	10
Boston	30	27	.526	12
Milwaukee	28	28	.500	13 1/2
Philadelphia	22	33	.400	19
Toronto	23	35	.397	19 1/2
Detroit	23	37	.383	20 1/2
Cleveland	20	38	.345	22 1/2
Washington	18	38	.321	23 1/2
Orlando	16	42	.276	26 1/2
Charlotte	13	44	.228	29

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	14	.763	—
Oklahoma City	42	15	.737	2
L.A. Clippers	41	18	.695	4
Memphis	38	18	.679	5 1/2
Denver	36	22	.621	8 1/2
Golden State	33	25	.569	11 1/2
Utah	31	27	.534	13 1/2
Houston	31	28	.525	14
L.A. Lakers	28	30	.483	16 1/2
Portland	26	30	.464	17 1/2
Dallas	25	32	.439	19
Minnesota	20	34	.370	22 1/2
Phoenix	20	39	.339	25
New Orleans	20	39	.339	25
Sacramento	20	39	.339	25

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS

Sacramento	125	Orlando	101
Cleveland	123	Toronto	92
Detroit	96	Washington	95
New York	109	Golden State	105
Milwaukee	110	Houston	107
Oklahoma City	119	New Orleans	74
Memphis	90	Dallas	84
Phoenix	105	San Antonio	101
Atlanta	102	Utah	91
Denver	102	Portland	
INDIANA	108	Golden State	97
Orlando	98	Philadelphia	84
Miami	141	Sacramento	129 (20T)
Brooklyn	101	New Orleans	97
Cleveland	101	Chicago	98
Milwaukee	95	Dallas	90
Phoenix	84	Minnesota	83 (OT)
L.A. Clippers	106	Charlotte	84
THURSDAY'S GAMES — All Times Eastern			
L.A. Clippers	at	Indiana	, 7 p.m.
Philadelphia	at	Chicago	, 8 p.m.
Minnesota	at	L.A. Lakers	, 10:30 p.m.

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NHL

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	20	13	7	0	69	54	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	22	10	11	1	64	67	21
NY Rangers	18	8	8	2	44	48	18
NY Islanders	20	8	11	1	57	68	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	20	13	4	3	58	43	29
Boston	16	12	2	2	49	35	26
Ottawa	20	12	6	2	48	37	26
Toronto	21	12	9	0	59	51	24
Buffalo	20	7	12	1	50	64	15

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	18	9	8	1	50	54	19
Tampa Bay	19	9	9	1	70	60	19
Winnipeg	19	9	9	1	52	60	19
Florida	19	6	9	4	48	69	16
Washington	19	7	11	1	52	59	15

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS

Philadelphia 4 Washington 1

Montreal 5 Toronto 2

Detroit at Los Angeles

Nashville at Anaheim

TUESDAY'S RESULTS

Winnipeg 4 NY Rangers 3

Dallas 5 Columbus 4 (OT)

Washington 3 Carolina 0

Boston 4 NY Islanders 1

Buffalo 2 Tampa Bay 1

Florida 6 Pittsburgh 4

Minnesota 2 Calgary 1 (OT)

Phoenix 4 Vancouver 2

San Jose 3 Colorado 2 (SO)

THURSDAY'S GAMES — All Times Eastern

Tampa Bay at NY Rangers, 7 p.m.

Toronto at NY Islanders, 7 p.m.

Pittsburgh at Carolina, 7 p.m.

Ottawa at Boston, 7 p.m.

New Jersey at Winnipeg, 8 p.m.

Chicago at St. Louis, 8 p.m.

Edmonton at Dallas, 8:30 p.m.

Minnesota at Phoenix, 9 p.m.

Calgary at Colorado, 9 p.m.

Detroit at San Jose, 10:30 p.m.

FRIDAY'S GAMES

Edmonton at St. Louis, 8 p.m.

Columbus at Chicago, 8:30 p.m.

Minnesota at L.A. Lakers, 10:30 p.m.

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Chicago	19	16	0	3	61	37	25
Nashville	20	9	6	5	44	47	23
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Columbus	20	5	12	3	44	61	13

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	19	10	5	4	54	52	24
Minnesota	18	9	7	2	39	43	20
Calgary	18	7	7	4	49	61	18
Edmonton	18	7	7	4	42	49	18
Colorado	18	7					

Horoscopes

♈ Aries

March 21 - April 20

Both the good and the bad points of your personality will stand out in sharp relief today. There is no reason at all why you should disguise your true nature. Others only disapprove because they are jealous.

♉ Taurus

April 21 - May 21

Make a special effort to think before you act today, as you could easily go over the top in some way. Even the most cautious of bulls could say or do things that might damage their reputation, so be careful.

♊ Gemini

May 22 - June 21

Friends and colleagues will do the opposite of what you ask of them today. Now that you know that you know how to get 'round them, don't you? Ask them to do the complete reverse of what it is you want!

♋ Cancer

June 22 - July 23

However tough things may get over the next 24 hours, you must not compromise your principles or show signs of weakness. You may not be in a position of strength but you do possess formidable strength of character.

♌ Leo

July 24 - Aug. 23

If you have moments of self-doubt today don't just ignore them and plow ahead regardless. Listen to what your instincts are trying to tell you and, just this once, be a bit more cautious in your actions.

♍ Virgo

Aug. 24 - Sept. 23

There may be nothing you cannot do if you put your mind to it but it will pay you to be a bit more selective in your goals. Some things come naturally to you and those are the things you should focus on.

♎ Libra

Sept. 24 - Oct. 23

Yes, the truth hurts, but it will hurt even more if you try to avoid it. That applies especially to your career where some kind of setback is likely to annoy you. But what is it trying to teach you?

♏ Scorpio

Oct. 24 - Nov. 22

Your life has become far too complicated and you must find ways to simplify your everyday activities. Forget about all those big ideas swimming around inside your head — get serious about details.

♐ Sagittarius

Nov. 23 - Dec. 21

You may be impulsive by nature but the planets warn if you overdo it between now and the weekend you will need to give yourself a lot of time to recover — time you cannot really afford to waste.

♑ Capricorn

Dec. 22 - Jan. 20

What you learn about other people is useful. What you learn about yourself is priceless. Something will happen today that gives you an insight into the way your subconscious works — an insight that leads to greater happiness.

♒ Aquarius

Jan. 21 - Feb. 19

Many things are changing and you may not be entirely happy about it. But deep down you know it's time to move on and if you can't make the move yourself fate will make it for you. Your move!

♓ Pisces

Feb. 20 - March 20

Venus, planet of personal love, links with Neptune, planet of universal love, in your sign today, making this the ideal time to reach out and change people's lives. Use your gift of compassion. **SALLY BROMPTON**

Crossword: Canada Across and Down

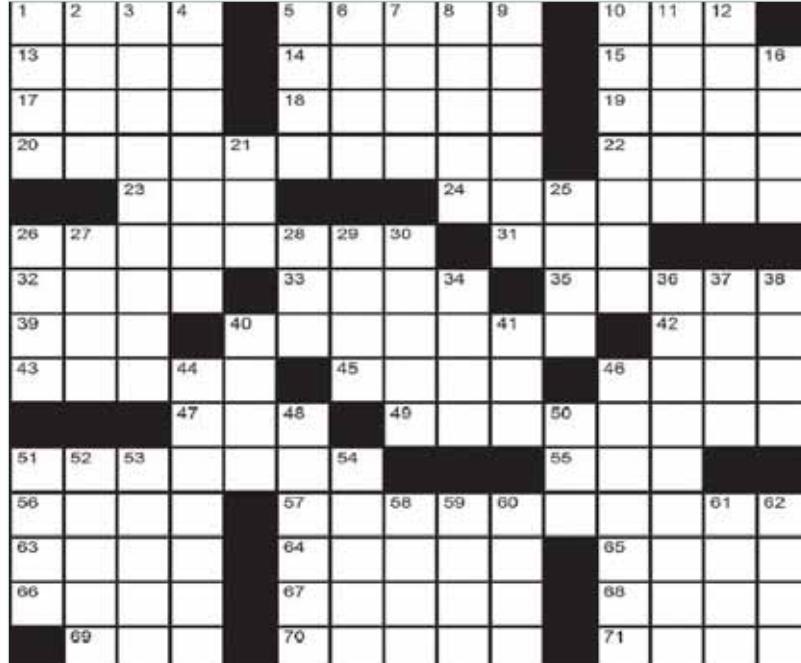
BY KELLY ANN BUCHANAN

Across

1. Lion's share
5. Belonging to Sweden's biggest band
10. New Zealand parrot
13. Sacred Buddhist peak
14. Hen's home
15. "This is ___ big mistake!"
17. Cartooning, for short
18. ___ Max (\$50 million top prize draw)
19. Shakespearean word
20. Reality series now with a Canadian version on Slice: 2 wds.
22. ___-and-haws
23. Bird's beak
24. Toronto's big airport
26. Boardroom events
31. Canada ___ (Brand of ginger ale)
32. Kind of musical work
33. Macbeth's burial place
35. Cain's biblical son
39. Always, to a poet
40. Western province
42. Gladiator's 7
43. Bird beds
45. "___ la Douce" (1963)
46. Photog's originals, for short
47. ___ Speedwagon
49. Colleen of "Anne of Green Gables"
51. "Wind ___ My Wings" by Midler
55. And: German
56. ___ donor (Unknown benefactor)
57. Assume control: 2 wds.
63. "Oops!... ___ It Again" by Britney Spears
64. ___ by the rules
65. Played-with-a-bow instrument
66. "How to ___ a Guy in 10 Days" (2003)
67. Tricked
68. Eye part
69. Nourished
70. Make amends
71. Water bird

Down

1. Biblical land where Moses was



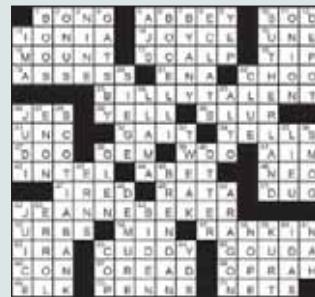
buried

2. Prefix to 'potent' (All-powerful)
3. Canadian History: Land lords of New France
4. Donut-middle treats
5. Folkie Mr. Guthrie
6. Winter footwear, just one
7. The pair
8. Take ___ (Move forward)
9. Stashed
10. Movie director Ms. Bigelow
11. "The Princess Bride" (1987) star, Cary ___
12. Texas landmark to 'remember', The ___
16. Formal org.
21. Baseball stat.
25. Expanse
26. Big name in faucets
27. Sword sort
28. Goose egg
29. Desert in Asia
30. Ventriloquy puppet of classic TV, Mortimer ___
34. Weapon: French
36. The 'O' of BTO
37. Slang-style smokes
38. School subj.
40. On the ocean
41. Shooting marble

44. Was a hot topic on Twitter
46. Canadian territory since 1999
48. Federal government's centre
50. "Er, what?"
51. Release-from-the-slammer money
52. Arnold Schwarzenegger movie, "___ Days" (1999): 2 wds.
53. Racket
54. Custom
58. Metric weight, for short
59. Biblical garden
60. Give up
61. Movie-___
62. Flair

Sudoku

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	7	6	8	9	2	3	5	1
5	8	2	3	7	1	6	8	4
1	3	8	5	4	6	9	7	2
9	8	7	1	3	4	2	6	5
6	4	5	9	2	7	8	1	3
2	1	3	6	8	5	7	4	9
8	6	1	2	5	9	4	3	7
3	2	4	7	1	8	5	9	6
7	5	9	4	6	3	1	2	8

7			5	
9	1	7	6	
2	3		7	9
3	4	2	7	
4	1	6	9	4
7	9	5	1	
8			2	

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